



## **MEDICATION MANAGEMENT**



### **Know your medicines**

- Write out a list of questions to take to the doctor or pharmacy before you go
- Read the label on the bottle before you leave the pharmacy
- Ask your doctor or pharmacist to explain what you do not understand about your prescriptions
- Questions to ask your doctor or pharmacist:
  - What is the name of this medicine?
  - Why am I taking it?
  - What does this medicine do?
  - How do I take it?
  - Does it interact with any of my other meds (prescribed and over the counter)?
  - Are there any side effects? Adverse effects? Allergic response?
  - Are there activities, foods or beverages I should avoid?
  - Are there any special instructions for taking this medication?
- Read all package inserts and instructional materials given with prescriptions and call your doctor or pharmacist with any additional questions

### **Use your medications safely**

- Use the same pharmacy for all your prescriptions
- Take the correct dosage
- Follow all instructions
- Follow a medication schedule
- Do not stop taking medications unless instructed by the doctor
- Do report any adverse or allergic reactions to the doctor immediately
- Do not mix medications with alcohol
- Do not crush or alter medications unless instructed to do so
- Do not share your medications with someone else
- Do not take someone else's medications
- Don't save or take old medications – flush down the toilet and throw out the bottles
- Don't store medications in the bathroom cabinet – keep in a cool, dry place
- Keep all medications out of reach of children



